

## SEWARD COUNTY SENIOR SERVICES...

...is jointly sponsored by County, State, and Federal funds made available through the Seward County Board of Commissioners and Aging Services (Lincoln Area on Aging). Contributions of services and donations also help support the program.



All activities and services provided by the Seward County Senior Services Program are provided without regard to race, color, creed, national origin or handicap.



## SENIOR CENTERS

The Senior Centers in Seward County are located in Seward, Milford, and Utica. These centers are community meeting places where older persons can come together for fellowship, group meals, recreation, and educational activities.

**LIED SENIOR CENTER**  
1010 Manor Drive W.  
Seward, NE 68434  
(402) 643-4466

**MILFORD SENIOR CENTER**  
105 'B' Street  
Milford, NE 68405  
(402) 761-3367

**UTICA SENIOR CENTER**  
520 D Street  
Utica, NE 68456  
(402) 534-3435  
[www.utिकासcenter.homestead.com](http://www.utिकासcenter.homestead.com)

Seward County

## *Senior Services Program*

COUNTY PROGRAM  
MANAGER'S OFFICE  
105 'B' STREET  
MILFORD, NE 68405  
402-761-3593







# AGING - Celebrating All Seasons of Life



## PURPOSE:

- To help older persons stay independent and functioning in the community for as long as possible.
- To provide older persons with social, educational, and recreational opportunities to enhance their lives.
- To develop volunteer opportunities which utilize older adults as a resource in their communities and neighborhoods.
- To provide co-ordination and technical support for the senior centers and senior organizations in the county.



## ACTIVITIES AVAILABLE AT THE SENIOR CENTERS...

### RECREATION

Quilting, cards and other games.

### TOURS & TRIPS

### TELEPHONE REASSURANCE

### EDUCATIONAL & INFORMATION PROGRAMS

### WELLNESS PROGRAMS

Exercise classes, blood pressure checks, foot doctor, nutrition programs.

### ARTS & HUMANITIES PROGRAMS

### VOLUNTEER RECOGNITIONS

### CONGREGATE MEALS

### HOME DELIVERED MEALS

### SHUTTLE SERVICES



## SENIOR COMPANION PROGRAMS

The goal of the program is to help older persons maintain a positive independent lifestyle. Seniors visit and assist the elderly in their homes, providing older persons with a one-on-one personal support service.

### S.A.L.T.

Seniors and Lawmen Together help reduce crimes and scams against the elderly. The committee consists of two representatives from the three senior centers along with the County Sheriff, the Seward and Milford Police Chiefs, and the Seward County Aging Services Director.

### FRIENDLY VISITOR PROGRAM

This program involves Concordia University students. The students spend time visiting elderly shut-ins during the school year.